



# THE SUPPORTER NEWSLETTER

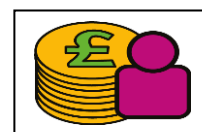
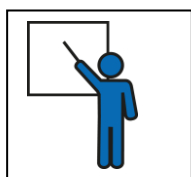
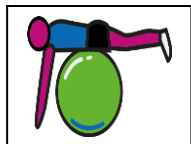


7 August 2020

The school holidays are well and truly in full swing now! Whilst it might not be the holidays we had planned, we'd love to know what you've all been up to? I've got a socially distanced picnic in the park with family this weekend to relax after all our hard work on the new website...how about you?

- wakefieldrecoverycollege@swyt.nhs.uk
- www.wakefieldrecoverycollege.nhs.uk
- 01924 316946
- @W5TRC
- facebook.com/wakefieldrecovery

## NEW WEBSITE ON LINE NOW!!



### [www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)

After months of planning the team are proud to announce that the launch of its new website on Monday 3 August 2020 went without a hitch.

Have you had chance to have a look at it yet?

When you do, you will find our courses easily recognisable with lots of interesting information. It will be much simpler to enrol and you will see our News and Blogs regularly updated. You can read about our partners and meet the team. We hope you will continue to access the website on a regular basis so we can keep you updated with our courses and workshops, both face to face and online, as well as any events and news we want to share with you.

We would love to know what you think, let us know by emailing us  
[wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)

## Local Covid-19 Testing for Wakefield Residents



Wakefield residents who think they may have Covid can now get a test. The local testing service is available from Monday to Friday and bookings for appointments can be made at: [www.nhs.uk/ask-for-a-coronavirus-test](http://www.nhs.uk/ask-for-a-coronavirus-test) or by calling 01924 224497. Or email the person's name and contact details to [wakefield.covidtesting@nhs.net](mailto:wakefield.covidtesting@nhs.net) so the booking team can get in touch.

If people cannot drive, or are too ill to travel, the team will arrange a testing visit to their home address. If a parent is isolating because their child, aged between 5 – 12 years has symptoms, a test can be brought to the house for the parent to swab the child. The new test and trace system also supports care homes, helping them with testing for residents and staff.

**LATEST COVID-19 DATA FOR WAKEFIELD**

For more information please visit:  
[www.wakefield.gov.uk](http://www.wakefield.gov.uk)

wakefieldcouncil  
worklife for now

**24 hour Mental Health Helpline**

☎ 0800 183 0558

Confidential helpline offering support, advice, information and guidance.

GNCHA Working in partnership with Greater Huddersfield CCG / North Kirkless CCG / Castlefield CCG  
Care and support... Wakefield CCG / Wakefield CCG / Wakefield CCG

NHS

[www.gov.uk](http://www.gov.uk)

This government website gives information about Face coverings: when to wear one and how to make your own

**Last week's answers – Yorkshire Quiz**

1. St Peter
2. Tan Hill
3. Wensleydale
4. 1<sup>st</sup> August
5. 199
6. 270 miles
7. Judie Dench
8. Aire
9. Emmerdale
10. Sheffield
11. The Rhubarb Triangle
12. Michael Vaughan
13. 6
14. James Herriett
15. White

Meditation exercises

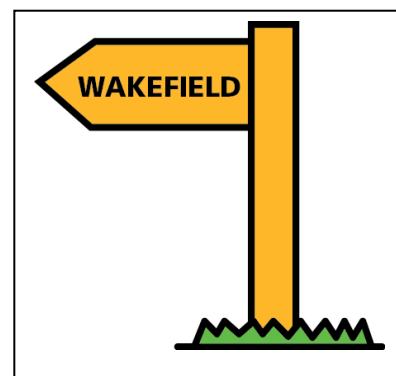
Here is something to help you relax. All it takes is 5 minutes!

<https://youtu.be/IUJ3nI7N35Q>

<https://youtu.be/t2nmbIk9umw>

Do you want your say in how Wakefield city is developed? This is a survey from Wakefield Council - they are trying to create a new and vibrant city centre and want people to have their say about the Wakefield Masterplan...

<https://www.wakefieldmasterplan.com/>



## Wakefield District Places to Visit from Home

Whilst we are limited to where we can visit in person, why not sit down, have a cuppa and take a look at these great attractions on your own doorsteps

### The National Coal Mining Museum

The museum reopens on 5 August. Visit their website where you will find lots of things to see and do like quizzes and games.

[ncm.org.uk/virtual-museum](http://ncm.org.uk/virtual-museum)

### Fairburn Ings Nature Reserve

The RSPB has opened a 'hedgehog café' at Fairburn Ings and put together some great games and activities such as a nature survey.

[rspb.org.uk/fun-and-learning](http://rspb.org.uk/fun-and-learning)

### Nostell Priory – National Trust

Take a look at the beautifully crafted 18<sup>th</sup> century dolls house

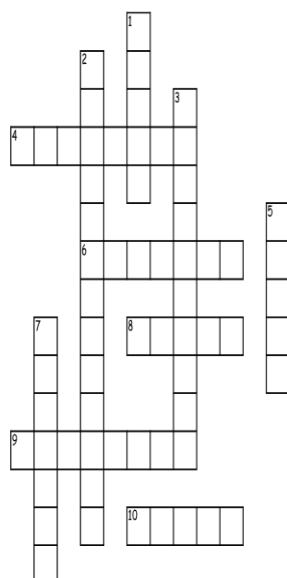
[bit.ly/NostellDolls](http://bit.ly/NostellDolls)



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Healthy Eating



### Across

4. running, sport and walking etc
6. eating your fruit and veg will make you this
8. fruit and .....
9. found in meat, fish and eggs
10. gala or granny smith

### Down

1. 1 of your 5 a day
2. starches found in fruit and veg
3. they grow in the ground
5. you drink it
7. they are orange

Changes to TV Licensing for people over 75 (unless you receive Pension Credit) Age UK have advised people that the main thing to remember is you do not need to pay for anything until you receive your letter from TV Licensing. These should land on your doorstep in August or September. Please keep an eye out for scams in the meantime.

[www.tvlicensing.co.uk](http://www.tvlicensing.co.uk)



West  
Yorkshire  
Combined  
Authority



Transport Survey The West Yorkshire Combined Authority have launched a public engagement on Transforming the Travel Centres at Bradford Interchange and Huddersfield and **Pontefract** Bus Stations. The project will offer a change to the way services are delivered, as well as the look and feel of the travel centres. The aim is to create a more modern environment, with a greater focus on self-service, whilst retaining our face-to-face customer service for people who need it. We are opening this public engagement in order to gauge opinion on the current use of the travel centres and how customers envisage their use in the future, as well as offering the opportunity to add comments about infrastructure and services. For further information and to complete the online survey please visit our website:

[www.yourvoice.westyorks-ca.gov.uk/TravelCentreSurvey](http://www.yourvoice.westyorks-ca.gov.uk/TravelCentreSurvey)

Please note that the closing date for this engagement has now been extended until 17 August 2020. Have your say on the refurbishment of the Bus Station Travel Centre

## Your first stop for better Mental Health at Work

[www.frontlinestaff.org](http://www.frontlinestaff.org)

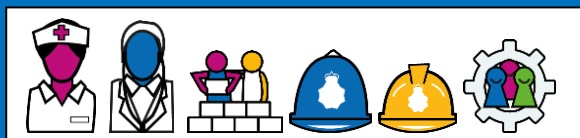
### A single service to support millions of key workers

Leading mental health organisations have come together to provide, for the first time, a **single service to support the millions of key workers who are putting their mental health under pressure as they form our frontline against the coronavirus.**

Together, we are providing a round-the-clock service so we can be there for key workers, **whenever and wherever they need us for support with their mental health and emotional wellbeing.** By combining our services we are able to offer practical, non-judgemental support with problems ranging from feeling overwhelmed or stressed through to coping with the bereavement of a colleague or family member.

This support is important right now. But it will be equally critical in the months ahead, when **we want to make sure that we rebuild and recover the mental health of our frontline workers, alongside our economy and communities.**

<https://www.mind.org.uk/>  
<https://www.headstogether.org.uk/>  
<https://www.royalfoundation.com/>



### British Heart Foundation

<https://www.bhf.org.uk/how-you-can-help/corporate-partnerships/our-corporate-partners/treasure-trails>

#### Treasure Trails

Take part in a real-life adventure that fires up the imagination and gets you exploring interesting parts of the UK and help us beat heartbreak forever.

[www.bhf.org.uk](http://www.bhf.org.uk)



Do you know your A,B,C's?

September's got us feeling all nostalgic about school. But we're not talking about getting to know your times tables, we're here to get you clued up on all things boobs. It's as easy as.... well, you know the rest.

[www.coppafeel.org](http://www.coppafeel.org) (Coppafeel is a charity for all people; anyone can develop breast cancer)

### QUIZ TIME! This week test your general knowledge

1. What is the smallest country in the world
2. What is the largest country in the world
3. Who was the youngest British Prime Minister
4. Who scored the first Premier League hat trick
5. Who is Dolly Parton married to
6. Taylor Swift grew up on what type of farm
7. What is the singer Cher's last name
8. True or False? A woman has walked on the moon
9. True or False? An Emu can fly
10. True or False The can opener was not invented until 45 years after the tin can



**Latest News from Wakefield Theatre Royal**



**Statement from Theatre Royal Wakefield**

Following on from recent announcements in the media and comments made by the culture secretary on Wednesday last week, we have taken the decision that Theatre Royal Wakefield will not re-open for live performances until Spring 2021.

This decision has not been taken lightly. Like many other theatres, Theatre Royal Wakefield relies heavily on the income from Pantomime and our associated activities during the festive season. However, in light of the fact that we still have no clear idea when we will be able to re-open for public performances, and the fact that the process for accessing the £1.57bn of emergency funding for the arts has only just been unveiled, we feel that the risk of proceeding at this stage is simply too high. If we are to safeguard our building, staff and operations for the future then we must do everything we can to limit the risks we take at this point.

We understand that this will be hugely disappointing for our audiences, friends and colleagues and for this we are truly sorry. We hope to be able to return stronger than ever with a huge range of fantastic shows and of course that all important pantomime in 2021.

We are pleased to be able to announce that we have managed to reschedule most of the Autumn programme, including our pantomime, to 2021. Customers with tickets booked for shows in 2020 will be contacted by our team to advise of the new dates for their performances. We would like to ask for your patience at this time whilst we work our way through the huge number of customers in date order.

During our closure we will be restarting a lot of our learning & participation work with sessions beginning very soon. We wouldn't be able to continue this vital work without the generous support of the people of the Wakefield District.

If you'd like to help us to secure the future of theatre in Wakefield please consider giving a donation, you can find out more about that here: [theatreroyalwakefield.co.uk/donate](http://theatreroyalwakefield.co.uk/donate)

Thank you for your understanding during this incredibly difficult time.



**Katie Town**  
Executive Director - Theatre Royal Wakefield

**WORKSHOPS  
OUT NOW!**

Autism awareness  
6 November  
10.00—12.00pm  
Baghill House, Pontefract

Coping with Pain  
9 November  
10-12.00pm  
Baghill House, Pontefract

Wild about Walking  
13 November  
10.30-3.30pm  
Wakefield, Free Bus

Feeling positive, busting stress  
19 November  
10-12.00pm  
Baghill House, Pontefract

Learn more about IBS  
23 November  
1.00-3.00pm  
Drury Lane, Wakefield

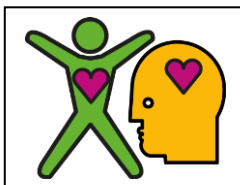
Body Image  
26 November  
10-12.00pm  
Drury Lane, Wakefield

Understanding self-harm  
3 December  
1.00-3.00pm  
Baghill House, Pontefract

Book Folding  
4 December  
1.00-4.00pm  
Drury Lane, Wakefield

Coping with life using relaxation  
7 December  
10.00-12.00pm  
Baghill House, Pontefract

**To book a place, enrol  
on our website or call us**



The college has a number of fun and active ONLINE exercise courses available, aimed at allowing students to take up exercise in the comfort of their own home, without any pressure and to be able progress at their own pace, still joining in with others and enjoying the activity whilst working towards a much better fitness and healthy wellbeing. For students who do not have access to a computer, smart phone or tablet there are a limited number of tablets that can be loaned, on a first come, first served basis. Equipment such as trampolines will also be loaned. **All loaned equipment must be returned at the end of the 12 week course.**

Have a look at these great FREE courses and have a go! Open to anyone over the age of 18 years. Book your place by enrolling on our website: [www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)

Course	Date	Time	
<b>Boogie Bounce</b>	<b>17 August</b>	<b>12.15-1.00pm</b>	<b>12 weeks</b>
<b>Spinning (exercise bike exercise class)</b>	<b>19 August</b>	<b>9.00-10.00am</b>	<b>12 weeks</b>
<b>BADASS (combat workout)</b>	<b>19 August</b>	<b>12.15-1.00pm</b>	<b>12 weeks</b>
<b>Yoga</b>	<b>21 August</b>	<b>10.00-11.00am</b>	<b>12 weeks</b>



Do you want a break from your desk; want motivation to get up off the couch, loose some of those lockdown pounds you may have gained? Why not come along to these FREE Couch to 5K sessions which are open to staff, students, service users, volunteers, carers and anyone over the age of 18. They take place outside, social distancing measures in place.

**Couch to 5K Starts on Monday 17 August – 10.00am – 11.00am at the Sports Hall, Fieldhead Hospital site, Wakefield.**

You don't need any special gym clothing, just wear a loose top and joggers with a comfortable pair of trainers/shoes and a bring a bottle of water, and you are ready to go!

To book your place – go to our website [www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)



It's very rare we get the opportunity to offer a course around money and budgeting, we are pleased to offer this excellent **MONEY CONFIDENCE ONLINE COURSE** .

We all find ourselves in uncertain times at present and therefore there is no better time than to have a look at our finances and see if we can save a few pounds! Money can be a worry and can contribute to anxiety and depression, why not join this course and learn more and be confident about your finances.

**Money Confidence Starts on Tuesday 11 August – 11.00am – 11.45am (4 sessions over 2 weeks)**

To book your place – go to our website [www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)

# 25 Most Famous People

*Here are the twenty-five most famous people of all time.  
Are you familiar with all of their names?*

N S R A E P S Y E N T I R B D  
Y E L S E R P S I V L E D M H  
A T L O V A R T N H O J F R L  
K S E O R N O M N Y L I R A M  
B T X N H X J P J I H D N A G  
N E W T N C O W O S M H T K T  
O P I I C L H N H U O R M J A  
S H L C I W N L N B T K I L N  
R E L N S A L O F M H H C Y N  
E N I I A L E C K U E G H F O  
F H A V A B N N E L R E A K D  
F A M A C E N I N O T O E R A  
E W S D N R O L N C E R L C M  
J K H O E T N M E R R G J L C  
S I A D W E J A D E E E A I Y  
A N K R T I D H Y H S W C N E  
M G E A O N M A J P A A K T N  
O R S N N S Q R R O N S S E S  
H W P O W T R B Y T A H O A I  
T B E E Q E P A T S P I N S D  
N T A L J I M B T I O N Z T T  
M H R N M N M M X R L G V W L  
K H E M O Z A R T H E T G O A  
E L T O T S I R A C O O M O W  
H A R T A P O E L C N N D D N

ELVIS PRESLEY  
MICHAEL JACKSON  
MARILYN MONROE  
BRITNEY SPEARS  
JOHN LENNON  
ABRAHAM LINCOLN  
ALBERT EINSTEIN  
WILLIAM SHAKESPEARE  
ISAAC NEWTON  
MADONNA  
CLEOPATRA  
THOMAS JEFFERSON  
CHRISTOPHER COLUMBUS  
GANDHI  
GEORGE WASHINGTON  
LEONARDO DA VINCI  
NAPOLEON  
CLINT EASTWOOD  
MOZART  
JOHN F. KENNEDY, JR.  
ARISTOTLE  
STEPHEN HAWKING  
MOTHER TERESA  
JOHN TRAVOLTA  
WALT DISNEY

Come visit [www.WordPuzzleHound.com](http://www.WordPuzzleHound.com) for more free word puzzles!  
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**Positive thought**  
The secret of change is to focus all of your energy not on fighting the old, but on building the new. –

Socrates

## Emma's Story

When I first came to the Recovery College I had low confidence and believed I couldn't achieve anything. I went on a book folding course and I was shown how to fold a book into a love heart – then I ordered my own patterns book. I now have sold some as Christmas presents and every one says how great they are. I can now do any patterns...here is a picture of what I can do and I am really proud of what I can now achieve.

I have even gone on to teach the book folding course at the Recovery College myself now!



## Milk Chocolate Cake

### Ingredients:

200g self-raising flour  
230g caster sugar  
½ teaspoon salt  
30g sieved cocoa powder  
115g margarine  
2 large eggs  
5 tablespoons evaporated milk  
5 tablespoons water

### To make:

Heat oven to 180C /Gas4  
Grease deep 20.5cm tin with butter, not loose bottomed (or you can use 2 shallow tins)  
Mix flour, sugar, salt and cocoa in a bowl  
In a separate bowl rub in margarine, and then slowly add beaten eggs  
Transfer the dry ingredients from bowl into the beaten egg mixture with the water and beat well  
Place mixture in tin or divide between 2 tins  
Bake in oven for 40-45mins in one tin or 30-35mins for 2 tins

Decorate with melted chocolate and fill with butter cream made from 140g icing sugar, 30g cocoa and 90g margarine beaten well together.

